

If only one chaplet (5 decades) of the Rosary is said each day, it is recommended that the various mysteries be said as follows:

Mondays & Saturdays: the Joyful Mysteries

Thursdays: the Mysteries of Light

Tuesdays and Fridays: the Sorrowful Mysteries

Wednesdays and Sundays: the Glorious Mysteries.

At St Joseph's, we

- Offer Day or Evening Retreats, or longer retreats for small groups
- Provide occasional evening talks or courses (Marian devotion, Montfortian spirituality, etc.)
- Encourage personal attachment to Christ
- Centre on the Blessed Sacrament
- Open up the dynamic and perspective of Scripture
- Offer an orthodox and contemporary devotion to Our Lady
- Offer professional Counselling services



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St. Joseph's, Ashurst

Praying the Rosary



According to the method
proposed by
St. Louis Marie de Montfort

With the addition of the "Mysteries of Light", as proposed
by Pope John Paul II.



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The Joyful Mysteries

1. The Incarnation

Lord Jesus, we offer you this first decade to honour your becoming man in Mary's womb. By the grace of this mystery and her intercession we ask for true humility.

May the grace of the Incarnation make us truly humble.

2. The Visitation

Lord Jesus, we offer you this second decade to honour the visit of your Mother to her cousin Elizabeth. By the grace of this mystery and her intercession we ask for true concern for the needs of others.

May the grace of the Visitation make us truly loving.

3. The Birth of Jesus

Lord Jesus, we offer you this third decade to honour your being born at Bethlehem. By the grace of this mystery and Mary's intercession we ask for the spirit of poverty.

May the grace of the Birth of Jesus make us truly poor in spirit.

4. The Presentation in the Temple

Lord Jesus, we offer you this fourth decade to honour your being presented in the Temple. By the grace of this mystery and Mary's intercession we ask that we may give ourselves wholeheartedly to God.

May the grace of the Presentation make us truly faithful in God's service.

sion, we ask for a genuine devotion to Mary

May the grace of the Assumption make our devotion to Mary genuine.

5. The Crowning of Mary

Lord Jesus, we offer you this fifth decade to honour the crowning of your blessed Mother in heaven. By the grace of this mystery and her intercession, we ask for perseverance in this life and, in heaven, the crown of glory.

May the grace of the crowning of Mary make us truly faithful to the end.

Hail Holy Queen

Hail, holy Queen, mother of mercy; hail, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show to us the blessed fruit of your womb, Jesus.

O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the Promises of Christ.

Let us pray.

O God, whose only-begotten Son, by his Life, Death and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that, meditating upon these mysteries of the most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise. Through the same Christ our Lord. Amen.

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The Glorious Mysteries

1. The Resurrection

Lord Jesus, we offer you this first decade to honour your rising from the dead in glory. By the grace of this mystery and Mary's intercession we ask that we may serve your Father in love and fervour.

May the grace of the Resurrection make us alive to the presence of God in our world.

2. The Ascension

Lord Jesus, we offer you this second decade to honour your triumphant return to heaven. By the grace of this mystery and Mary's intercession we ask for a great longing for our heavenly home.

May the grace of the Ascension fill our hearts with hope and confidence.

3. The Coming of the Holy Spirit

Lord Jesus, we offer you this third decade to honour the coming of the Holy Spirit on the disciples. By the grace of this mystery and Mary's intercession we ask that the Spirit may come to us with wisdom and understanding.

May the grace of Pentecost bring us the gifts of the Spirit.

4. The Assumption of Mary

Lord Jesus, we offer you this fourth decade to honour the assumption of your Mother, body and soul, into heaven. By the grace of this mystery and her interces-

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5. The Finding of Jesus in the Temple

Lord Jesus, we offer you this fifth decade to honour your being found in the Temple. By the grace of this mystery and Mary's intercession we ask to appreciate the presence of God in our daily lives.

May the grace of the Finding of Jesus make us truly aware of God's presence.

The Mysteries of Light

1. The Baptism of Jesus

Lord Jesus, we offer you this first decade to honour your baptism in the Jordan. By the grace of this mystery and Mary's intercession we ask that we may recognise in the person of Jesus the love of the Father.

May the grace of the Baptism of Jesus increase our awareness of the Father's love.

2. The Wedding-feast of Cana

Lord Jesus, we offer you this second decade to honour the sign you gave at the Wedding in Cana. By the grace of this mystery and Mary's intercession, may we come to a deeper faith in you.

May the grace of the Wedding at Cana increase our spirit of faith.

3. The Proclamation of the Kingdom

Lord Jesus, we offer you this third decade to honour your proclamation of the Kingdom of God and your call

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Lord Jesus, we offer you this third decade to honour your proclamation of the Kingdom of God and your call

to conversion. By the grace of this mystery and Mary's intercession we ask for sincere repentance.

May the grace of the Proclamation of the Kingdom bring us to genuine conversion of heart.

4. The Transfiguration

Lord Jesus, we offer you this fourth decade to honour your Transfiguration on Mount Tabor. By the grace of this mystery and Mary's intercession we ask that we may listen attentively to your Word.

May the grace of the Transfiguration prepare us to meet Christ in the trials of this life.

5. The Institution of the Eucharist

Lord Jesus, we offer you this fifth decade to honour your institution of the Sacrament of the Eucharist. By the grace of this mystery and Mary's intercession we ask for a deeper appreciation of your love shown to us in the Mass.

May the grace of the Institution of the Eucharist deepen our understanding of the Mass.

The Sorrowful Mysteries

1. The Agony in the Garden

Lord Jesus, we offer you this first decade to honour you in your agony in the Garden of Gethsemane. By the grace of this mystery and Mary's intercession, we ask that we may have true sorrow for our sins.

May the grace of the Agony of Jesus make us truly repentant.

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2. The Scourging at the Pillar

Lord Jesus, we offer you this second decade to honour your being cruelly scourged. By the grace of this mystery and Mary's intercession, we ask for the spirit of self-denial.

May the grace of the Scourging give us a spirit of self-denial.

3. The Crowning with Thorns

Lord Jesus, we offer you this third decade to honour your being crowned with thorns. By the grace of this mystery and Mary's intercession we ask that we may find our happiness in heavenly things rather than in this world.

May the grace of the Crowning with Thorns give us a taste for heavenly things.

4. The Carrying of the Cross

Lord Jesus, we offer you this fourth decade to honour your carrying of the cross. By the grace of this mystery and Mary's intercession, we ask for patience in all our troubles

May the grace of the Carrying of the Cross make us truly patient.

5. The Crucifixion

Lord Jesus, we offer you this fifth decade to honour your crucifixion and death on the cross. By the grace of this mystery and Mary's intercession we ask for salvation for all mankind.

May the grace of the Crucifixion make us truly holy.

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